**3 Free Workouts Before Checkin**

**Day 1 Email**

**Subject:** Claim your 3 free days!

Hi Sue,

This is [StaffMemberAssigned] from [locationname]. Nice to meet you!

In three days, I can basically hit the "reset" button on your body and mindset to start you on the road to rapidly losing weight, having more energy, and ENJOYING your healthy lifestyle instead of having to live with the discomfort of being overweight and out of shape.

All you need to do is download the Fit Body Boot Camp app and login using your ClubReady username and password. (You should’ve received these in a separate email. If you haven’t just let me know!)

To download the app, just click the link below depending on your device:

For iOS, [click here](https://itunes.apple.com/us/app/fit-body-boot-camp/id1436152062?mt=8).

For Google Play, [click here](https://play.google.com/store/apps/details?id=com.netpulse.mobile.fitbodybootcamp).

So, what makes those three days so special?

My program is designed to do three very unique things:

One, our workouts are designed to create the "Afterburn Effect" in just thirty minutes, meaning you do one quick workout and for up to 30 hours after that your body's metabolism will be working at turbo speed and BLASTING the fat away.

Two, I help you create a simple, smart diet that puts your body in maximum fat-burning mode BUT still lets you enjoy all your favorite foods with "cheat" meals.

Three, (THIS IS THE MOST IMPORTANT PART) I designed my program with FUN in mind first.

We keep a positive, upbeat atmosphere in our boot camps, and we make EVERYONE feel included and supported in their fitness journey through hangouts, events, and a private Facebook group. You will be part of our community, our Fit Body Family.

So basically, with my program you are going to start seeing results fast, and you're going to have so much fun you just naturally want to stick with it.

*And I can do that in just three days!*

See you soon!

[StaffMemberAssigned]

P.S. 3 days are great, but now you can work out for 21 days at 66% off! That way you can lose 10-15 lb and keep it off for good! [Click here](https://fitbodybootcamp.com/special-offer-4) to check out this exclusive offer!

**Day 1 Call**

*Hey [NAME], my name is [ADMIN] and I'm calling from Fit Body Boot Camp to activate your 3 free workouts and to schedule your first session.*

*Is tomorrow a good time for your first workout?*

*Please call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up with a PAR-Q and get you to come in for your first workout.*

*See you later, bye.*

**Day 2 Email**

**Subject:** Ready?

Hi Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp and I see that you applied for three free workouts. Super excited to help you get in shape and start your fitness journey.

If you can call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your first of three workouts so you can start getting results.

Have an amazing day!

[StaffMemberAssigned]

**Day 2 Text**

*Hi [firstname], your 3 free workouts at FBBC are ready! Now you just need to schedule your 1st workout :) Call/text back and lmk if you want AM or PM!*

**Day 2 Call**

*Hey [NAME], my name is [ADMIN] and I'm calling from Fit Body Boot Camp and I see that you just put in your name, email, phone number for the three free workouts here.*

*Well, listen, I'd like to start you on your first workout tomorrow. So, if you can call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up with a PAR-Q and get you to come in for your first workout.*

*See you later, bye.*

**Day 2 FB Message**

*Hi [NAME], my name is [ADMIN], here at Fit Body Boot Camp and I see that you filled out the form to get three free workouts. Super excited to help you get going on your fitness journey. Want to know if you want to work out tomorrow or the next day for your first of three workouts and if you prefer AM or PM. Just reply to this message or call me or text me at this phone number: [PHONE NUMBER]*

**Day 3 Email**

**Subject:** When are you available?

Hi Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp! I'm checking in since I see that you applied for three free workouts. I can't wait to help you get in shape and start your fitness journey.

If you can call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your first of three fun, effective, high-energy workouts!

Have an awesome day!

[StaffMemberAssigned]

**Day 3 Text**

*Hey [firstname], just checking in about your 3 free workouts at FBBC :) Call/text back and lmk if you want AM or PM for your 1st workout!*

**Day 3 Call**

Hey [NAME], it’s [ADMIN] again calling from Fit Body Boot Camp.

I saw earlier that you requested the three free workouts here. Well, listen, I'd like to start you on your first workout ASAP so you can start getting results. All you need to do is call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], and we'll set you up with a PAR-Q and get you to come in for your first workout. See you later, bye.

**Day 3 FB Message**

Hi [NAME], just checking in about your three free workouts here at Fit Body Boot Camp. Can’t wait to help you get going on your fitness journey! Want to know if you want to work out tomorrow or the next day for your first of 3 workouts and if you prefer AM or PM. Just reply here or call/text me at this phone number: [PHONE NUMBER]

**Day 4 Email**

**Subject:** Your fitness results?

Hi Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp! I’m checking in since I see that you applied for three free workouts. I’m crazy excited to have you come in so you can start getting the results you want!

If you can call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your first of three fun, effective, high-energy workouts!

Have an awesome day! See you soon.

[StaffMemberAssigned]

**Day 4 Text**

*Hey [firstname], excited to get you started on your 3 free days at FBBC! Call/text back and lmk if you want AM or PM for your 1st workout!*

**Day 4 Call**

*Hey [NAME], it’s [ADMIN] again calling from Fit Body Boot Camp.*

*I saw earlier that you requested the three free workouts. Well, listen, I'd like to start you on your first workout ASAP so you can start getting results you’re after. All you need to do is call me back at this number, [NUMBER], or send me an email at [EMAIL], and we'll set you up with a PAR-Q and get you to come in for your first workout.*

*See you later, bye.*

**Day 4 FB Message**

Hey [PROSPECT], wanted to check in about your 3 free workouts at Fit Body Boot Camp. Let’s get you some results! Let me know if you want to work out tomorrow or the next day for your first workout and if you prefer AM or PM. Just reply here or call/text me at this phone number: [PHONE NUMBER]

**Day 5 Email**

**Subject:** Your free workouts - last 24 hours!

Hi Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp! I'm checking in since I see that you applied for three free workouts but still haven't come in for your first one.

Just as a fair warning, **if you don't come in or schedule your first workout in the next 24 hours, I'll have to cancel your 3 free workouts!**

It's the only way I be fair to all the other folks who are waiting in line for these 3 free workouts and are serious about getting in shape...

So, call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your first of three fun, effective, high-energy workouts!

See you soon!

[StaffMemberAssigned]

**Day 5 Text**

*Last 24 hours to use your 3 free days, [firstname]! Let’s get started today :) Call/text back and lmk if you want AM or PM for your 1st workout!*

**Day 5 Call**

Hi [NAME],

[ADMIN] here again with Fit Body Boot Camp! I’m checking in since I see that you applied for three free workouts but still haven’t come in for your first one.

Just as a fair warning, **if you don’t come in or schedule your first workout in the next 24 hours, I’ll have to cancel your 3 free workouts!**

It’s the only way I be fair to all the other folks who are waiting in line for these 3 free workouts and are serious about getting in shape…

So, call me back at this phone number [PHONE NUMBER] or email me at [EMAIL ADDRESS] and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout.

Then we'll get you started on your first of three fun, effective, high-energy workouts!

Have a great day, talk soon!

**Day 5 FB Message**

Hi [NAME], just checking in again since I see that you applied for three free workouts at Fit Body Boot Camp but still haven’t come in for your first one.

Just as a fair warning, if you don’t come in or schedule your first workout in the next 24 hours, I’ll have to cancel your 3 free workouts!

It’s the only way I be fair to all the other folks who are waiting in line for these 3 free workouts and are serious about getting in shape…

So, call me at this phone number [PHONE NUMBER] or email me at [EMAIL ADDRESS] and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout. Or you can just reply here!

Then we'll get you started on your first of three fun, effective, high-energy workouts!

Thank you!

**3 Free Workouts Before Checkin** Moved To **Prospect Nurture**